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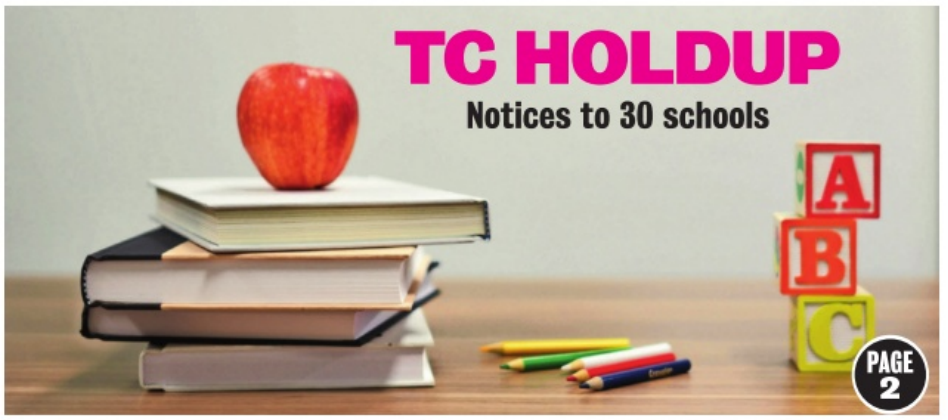
Bangalore Mirror

TEMP Max 30 | Min 22 | Humidity 33% Partly Cloudy Sensex 74,014 | Nifty 22,462 | Gold 68,402 | Silver 75,512 | Dollar 83.38 | Euro 89.82 | GBP 105.04



Why Bengaluru must get a colour-coded warning system for C&D sites to check dust pollution as planned for national capital

DUSTBUSTER

Delhi's C&D sites to have real-time air quality monitoring device installed on premises

Garima Prasher
garima.prasher
@timesgroup.com

TWEETS @BangaloreMIRROR

All construction and demolition sites of over 5,000 sq m in Delhi will soon have a real-time air quality monitoring device installed on their premises.

This is after Delhi's environment department came up with a colour-coded four-stage warning system for C&D sites to bring down dust pollution levels in the city.

As per the new rule announced recently, the four-staged warning system will monitor PM 10 levels at these sites before relaying the data to the Delhi Pollution Control Committee. If the value is found to be above permissible limits, SMS-based alerts will be sent to the construction site for necessary action to be taken.

City-based researchers and air quality experts are of the view that such a mechanism should be put in place in Bengaluru too, looking at the large number of construction activities and high emission of particulate matter.

Experts said if a similar system is implemented in the city, it can reduce construction-related air pollution (CRAP).

"Our recent drone-based study showed Bengaluru's pollution hotspots, including C&D sites, have exponentially high emissions

— Professor Gufran Beig, chair, NIAS

A 2022 report on emission inventory and pollution reduction strategies for Bengaluru by the Centre for Study of Science, Technology, and Policy (CSTEP) indicated that construction accounts for at least 11% of PM10 emissions.

"The report showed that 11% of PM 10 emissions can be attributed to construction activities, although the report did not include contributions from infrastructure development such as

CONTINUED ON PAGE 8 »

Plastic break

'Biodegradable plastics must undergo degradation without leaving micro plastics or toxic residue'

Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

As per the new amended plastic waste management rules, all 'biodegradable and compostable' waste bin liners would not be categorised as biodegradable.

According to the new Plastic Waste Management (Amendment) Rules 2024, not all plastic claiming to be biodegradable will be considered biodegradable.

"Biodegradable plastics means plastics other than compostable plastics which undergo degradation by biological processes in specific environments such as soil, landfill, sewage sludge, freshwater, marine environments, without leaving any micro plastics or visible or distinguishable or toxic residue, which has adverse environmental impact."

The earlier definition of biodegradable was "any organic material that undergoes degradation by microorganisms into simpler stable compounds."

The new amendment has placed the need for biodegradable plastic to be eligible for degradation within natural environments as well and not leave micro-plastics or any toxic residue. The amended rules bring to question the entire line of

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Art and creativity

Delve into a vibrant atmosphere of learning and knowledge sharing at the seventh edition of 'Whitefield Art Collective' with the theme 'Transcending Boundaries.' A stunning photo exhibition based on the UNESCO publication "A Braided River: The Universe of Indian Women in Science" is a key highlight this time. Collaborators this year include partnerships with esteemed institutions like the Karnataka Chitrakala Parishath, Bangalore University, and Bangalore School of Design. The festival will be inaugurated on April 5 by eminent flutist and winner of two national film awards, Pt Pravin Godkhindi.
Where: VR Bengaluru, Whitefield
When: April 5 to May 5

02 Filmy night

Goethe-Institut/Max Mueller Bhavan, along with the Consulate General of the Federal Republic of Germany in Bangalore, invites you to a film screening of two compelling films from the 2023 edition of The Human Rights Film Festival Berlin: 'My Name is Happy' by Nick Read and Ayse Toprak and 'Painting Dhaka' by Lukas Zeilinger. Discover the story and struggles of 19-year-old Mutlu Kaya in My Name is Happy. Painting Dhaka explores themes of power and feeling powerless, as well as how to break free from both.
Where: Goethe-Institut/Max Mueller Bhavan
When: April 4, 5 pm and 7 pm

03 Fun time

Enjoy the weekend at 'Kukdukoo Fest,' a two-day family festival that brings children and their parents, artists, and educators together for a larger-than-life literature, visual, and performing art experience in one place. The festival will have 24 shows and performances by 50+ artists, 30+ DIY art activities, Kukdukoo Haat featuring 50+ retail and food brands, and a book fair.
Where: Basil Woods International School, Gunjur
When: April 6 and 7, 11 am to 6 pm

Beating the heat

Two girls take cover under a stole on a scorching Monday in the city.

PIC: KAUSHIK JN

Row over 'transfer papers and pending fee payments'

Commission takes action; 30 schools issued notices for refusing TCs

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

The Karnataka State Commission for Protection of Child Rights (KSCPCR) has intervened and warned to take legal action against any private schools in the state that cause undue inconvenience to students by withholding or denying Transfer Certificates (TCs). The commission has sent notices to 30 schools that have refused to issue TCs this academic year.

Usually, around this time of the year, some parents shift their wards from one school to another for various reasons, including high fee structures or relocation. However, many parents allege that getting a transfer certificate, which is necessary for admission to another school, is a difficult task for them because some institutions demand payment in order to provide it.

"Parents were informed that they would only receive the TC and mark sheets after clearing the fee. Upon facing this situation, they lodged complaints with the commission, prompting us to issue notices against such schools. It is inappropriate to harass students and parents by making the transfer letter a criterion for fee payment. The commission directed schools to promptly issue TCs and mark sheets. In the past, even during the challenging times of the pandemic, many parents were hesitant to pay fees due to financial constraints, and schools would withhold the TCs, causing distress to students. But this time, notices were issued to schools, leading to immediate resolution and resulting in schools issuing TCs," said an official.

"Students would have studied a full year without paying fees and then want to shift to another school, which results in a big loss for us. Hence we provide TCs upon full fee payment

–School principal

Many parents alleged that a section of schools were using TCs as leverage for fee recovery when they faced difficulties paying fees or when seeking admission to other schools for various reasons. "Private schools have been arbitrarily charging fees from parents. Schools threaten to withhold TCs if parents fail to pay the remaining or upcoming academic year fees," said a parent.

The KSCPCR is investigating these cases, issuing notices to schools, and striving to resolve issues amicably. They intervened and resolved 11 cases swiftly. Notices were sent to the schools after thorough verification, and consequently, most schools cooperated and issued TCs to students. However, 19 schools disregarded the commission's notice. The commission has reached out to the school education department, urging them to facilitate TC issuance without causing injustice to students.

K Naganna Gowda, chairman of KSCPCR, stressed the prompt issuance of TCs by schools to ensure students' well-being. "Failure to do so may warrant government intervention in TC issuance," he said.

Nagasimha G Rao, director of the Child Rights Trust, said that most parents transfer their children to ensure their safety and the provision of quality education. "Schools should cooperate by issuing TCs, or government intervention may become necessary," he added.

However, a school principal had a different story to narrate. He expressed that it is not right to blame the schools for this issue. "As school management, we have a lot of money to invest. We charge school fees, and it is the duty of parents to pay it. In many cases, students would have studied a full year without paying fees and then want to shift to another school, which results in a big loss for us, and hence we can provide the document only if they pay the full fee as we have already incurred expenditure on that particular student," he said.

In distress: 3 held for tailing women in road rage case

Motorcyclists on 2-3 bikes chase women in car, hurling abuses at them after altercation near signal

The issue sparked outrage in the city over issues of women's safety

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

Bengaluru Police apprehended three individuals following a widely circulated video depicting them aggressively tailing a car on a bike. The footage, circulated on social media, captured the men trailing the car, banging on its windows, and attempting to access its doors.

A distressed woman, Priyam Singh, can be heard contacting the police helpline as the men pursued their vehicle, expressing fear and concern. The incident, which took place near St John's Hospital Gate No.5, prompted outrage over for failure to ensure women's safety. The woman's account on social media detailed the ordeal, specifying the locations involved.

According to a source, on the evening of March 3, two women employees of a well-known company were traveling by car. Despite activating their turn signal, they inadvertently turned in the opposite direction, sparking a confrontation with 4-5 motorcyclists on 2-3 bikes. Initially a verbal dispute, the situation intensified when one of the individuals tried to force open the car door. Fearing for their safety, the women tried to speed away. The aggressors pursued them, making threats. In distress, the women contacted the police via the emergency number, providing updates on their whereabouts.

South East Police DCP CK Baba confirmed the arrest of the three suspects and the registration of an FIR."Thank you for bringing this incident to our attention. We take road safety and incidents of road rage very seriously. This is to inform that immediate action was taken immediately & an FIR has been registered. The accused have been apprehended. It's imperative for citizens to report such incidents promptly to the police through 112 for swift response and necessary action. Additionally, let's all commit to obeying road traffic rules to ensure the safety of everyone on the road," tweeted Baba.

Upon the police's arrival, some bikers fled the scene. The Madiwala Police have apprehended three suspects.

Man stabs girlfriend for rejecting proposal

A 35-year-old cab driver from the city stabbed his girlfriend in public at the Shalini Ground area after she declined his marriage proposal, on Saturday. Later, he voluntarily surrendered at a police station.

The victim, Farida Khatun, succumbed to her injuries. The perpetrator, identified as Girish, originally from Jayanagar, had converted to Islam in 2011 but had since reverted to his birth name while still adhering to certain Islamic customs. Farida, who hailed from West Bengal and worked at a local spa, had returned to Bengaluru with her daughters just before Girish's birthday. She had hoped to celebrate his birthday and explore college options for one of her daughters.

The fatal altercation took place after Girish proposed marriage to Farida, which she declined, The authorities, led by DCP Shivaprakash Devaraju, have filed a case under section 302 of the IPC. BMB

Vistara cuts flights to deal with pilot shortage

Indian airline Vistara said on Monday it was forced to cut a number of flights as it was dealing with a shortage of pilots and crew.

"We have had a significant number of flight cancellations and delays in the past few days due to various reasons including crew unavailability," a company spokesperson said in a statement.

Vistara, owned by Tata Group and Singapore Airlines , is using larger aircraft, including the wide-body Boeing 787 Dreamliner on certain domestic routes "to accommodate more passengers, wherever possible," the spokesperson said.

The airline, which will be merged with Tata-owned Air India, faced similar disruptions last month.

Local media had reported that an increasing number of its pilots had called in sick. In response, Vistara had said the disruption was not attributed to pilot absenteeism alone as it also had to deal with certain unforeseen maintenance needs.

Vistara's flight disruption comes as India's aviation watchdog deferred a June 1 deadline for airlines to adopt new rules on rest and duty times for pilots, a move that has drawn criticism from some pilots and aviation safety experts. **Reuters**

BEL turnover rises to record Rs 19,700 crore

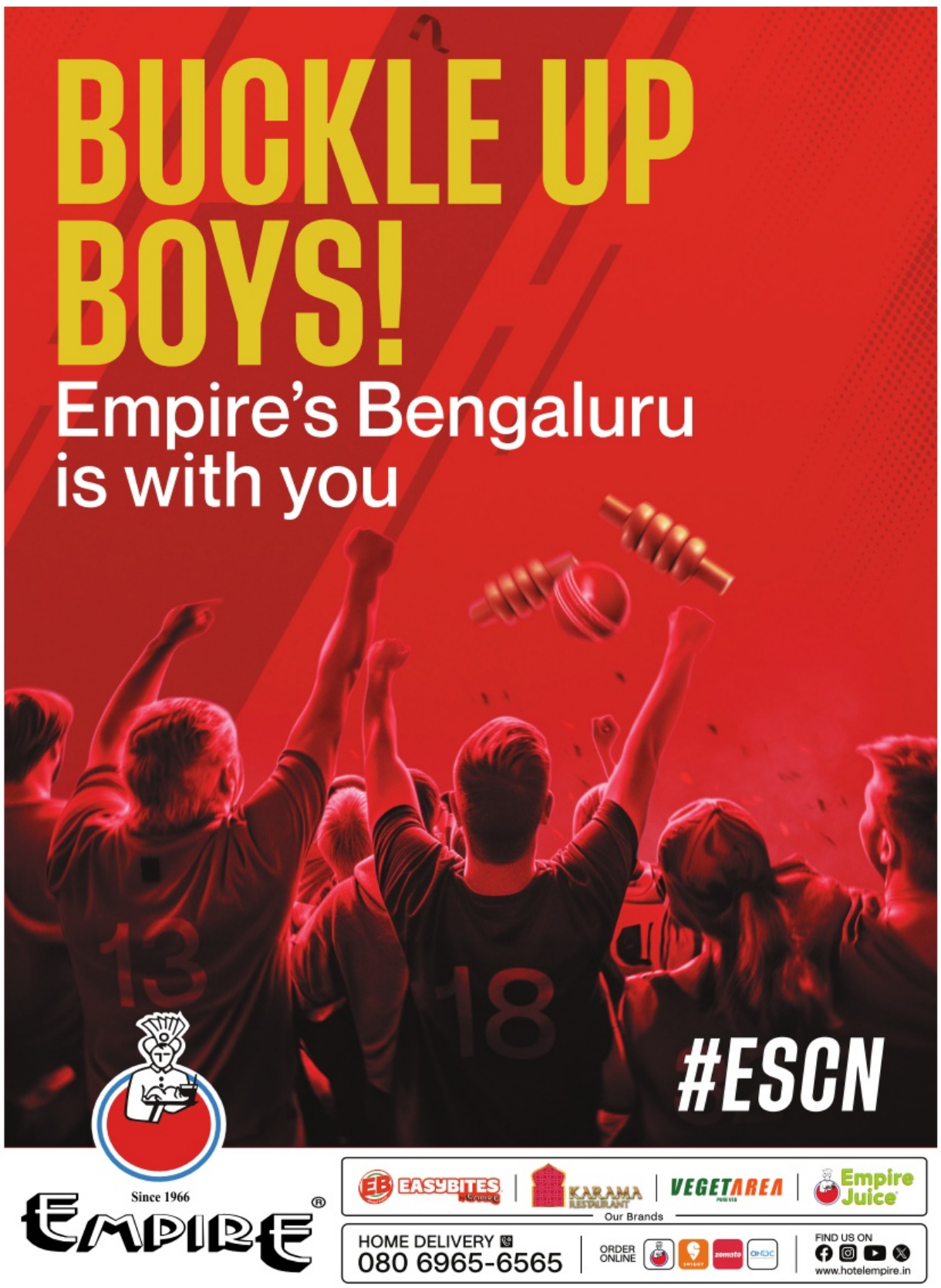
Navratna Defence PSU Bharat Electronics Limited (BEL) has achieved a record turnover of around Rs 19700 crore during the Financial Year 2023-24, registering a growth of 13.65 per cent over the previous year's turnover of Rs 17,333 crore, according to a company statement issued on Monday.

In the fiscal year 2023-24, BEL successfully secured orders worth around Rs 35,000 crore. With this, the total order book of BEL as on April 1st, 2024, stands at around Rs 76000 crore.

Among the notable defence orders obtained during the year were Electronic Fuzes, EW Systems, Communication Systems for naval warships, Fire Control Systems, Akash Prime Weapon System, Radars, Sonars, Software Defined Radios, Night Vision Devices, Tactical Communication Systems and other projects in the non-defence sector.

BEL also achieved export sales of around US$ 92.98 million during FY 2023-24, as against the previous year's export turnover of US$ 48.33 million, registering a growth of 92 per cent.

Major products exported include Transmit & Receive (TR) Modules, Compact Multi-Purpose Advanced Stabilisation System (CoMPASS), Radar & Electronic Warfare Systems, Medical Electronics, Communication equipment, etc. **IANS**



SWR rushes construction of grade separators to reduce congestion

Crucial decision made to close all level crossings by 2028, and to upgrade 185 crossings in next 4 years

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

South Western Railways encompasses 15 districts, including three from Andhra Pradesh and two from Tamil Nadu, with a total of 389 level crossings (LC). Since 2012-13, 204 LCs have been closed, and the remaining 185 LC projects are set for phased completion

Crossing the railway line becomes an arduous challenge for individuals moving from one area to another, given the frequent closure of level crossings. Particularly during peak hours when congestion is at its peak, the repeated closures contribute significantly to further congestion, causing delays in travel time.

Luckily, the South Western Railways has made a crucial decision to expedite the construction of grade separators at level crossings (LC). Officials announced that all LCs will be closed, and grade separators will be in place by 2028, involving the upgrade of 185 LCs in the next four years. A senior railway official said, "Currently, LC improvements are based on traffic congestion. The priority is to enhance those LCs where the PCU ranges from 50,000 to 1 lakh per day. For junctions with a PCU count exceeding 1 lakh, the state government and railways share costs on a 50:50 basis for resolution."

Several pending projects for LCs in the city are now gaining momentum. "For instance, LC 136 on Kaggadasapura Road, where funds have been released by the BBMP; railways await additional land from BBMP to construct a flyover. LC 150, Hebbal-Lottegollahalli section, proposes an underpass, currently undergoing a joint survey between the state government, railways, and BBMP. Ongoing suburban works will open the subway after completion. LC 11 near Chikkabanavara is undergoing detailed project report preparation, while LC 134 in Chinnapanahalli sees progress in the suburban project. Works have started at LC 15 in Dubasipalya, and 80 per cent completion is reported at LC 6 between Horamavu and Jyoti Nagar, anticipating early completion. LC 16, Gerupalya, has project approval, with tenders expected soon and completion by the end of 2024. For LC 112 near Attibele, a detailed project report is in preparation, and at LC 10 Soladevanahalli, DPR is underway," said an official.

The South Western Railways encompasses 15 districts, including three from Andhra Pradesh and two from Tamil Nadu, with a total of 389 LCs. Since 2012-13, 204 LCs have been closed, and the remaining 185 LCs' projects are set for phased completion. By the end of 2024, 14 LCs will be closed, and grade separators will be operational as works progress. DPRs are being prepared for 91 LCs, with land acquisition being a significant hurdle due to private property and shifting utilities.

Train passages often lead to LC closures, causing congestion in Bengaluru due to waiting vehicles. An official highlighted that the primary challenge in eliminating LCs and establishing grade separators lies in the need for land. "In some locations, the land belongs to the Bruhat Bengaluru Mahanagara Palike (BBMP) or the State Government, while in many instances, it is private property, and the owners are reluctant to part with their land. Complicating matters is the emergence of residential areas near railway lines, adding complexity to the process of clearing land. Additionally, the relocation of utilities such as electricity lines, water pipelines, and drainage lines presents a considerable time-consuming task. Typically, when a train traverses one LC, the subsequent LC is promptly closed. If two LCs are within a 10 km distance, both LCs will remain closed until the train has passed. Given that many tracks are double tracks, train frequency is high, resulting in frequent closures of LCs in Bengaluru. This situation causes substantial congestion as vehicles await their turn to cross the LC," added the official.

DOCUMENT LOST

I Bhavya .A.C D/o Chandrashekar .A.N residing at No.820, Bazaar Road, Devanahalli Town, Bangalore Rural-562110, stating that, I have lost the Sale Deed of 1 acre land from 09.02.2022 to 02.09.2024 at Devanahalli (Document No. 3078/2017 of Khatha No.1298 and Survey No.273-2 in Somaghatta Village, Registered at Chilamathur sub-registrar office, Hindupur District). I have filed a Complaint (LR No.0924123/2024) to Bangalore Rural Police on 09.02.2024. If anyone finds the above said document, please contact the above address or

9663376322

Garbage ablaze: What's BBMP doing?

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Residents of Rajiv Gandhi Nagar and surrounding areas near Kodigehalli are enduring significant hardship due to the indiscriminate burning of garbage and plastic dumped on the vacant land along the railway parallel road. They emphasise that the dumping of plastic and the burning of garbage call into question the effectiveness of the solid waste management department of the Bruhat Bengaluru Mahanagara Palike (BBMP).

The residents complain that the smoke emanating from burnt plastic and garbage has become a health hazard for them and is polluting the environment. They state that the solid waste management department is not taking any action to remove garbage or to prevent its burning in open spaces along the railway parallel road. Despite their complaints to the BBMP authorities about garbage, plastic, and weeds along the railway parallel road, nothing has been done to address this longstanding issue to date.

Vacant land near Railway Parallel Road where garbage is burned

"It is the handiwork of miscreants, or dry waste collecting people. One can see garbage, plastic, and half-burnt shrubs along the road. The BBMP authorities are not focusing on keeping this place free from garbage," said Shobha, a resident.

She expressed concern over the damage caused to the saplings planted a few months ago due to the burning of garbage. "The saplings are completely burnt. Trees on the roadside are partially burnt. We are fed up with complaining to the BBMP authorities on this issue again and again," she said.

Demanding the BBMP Solid Waste Management Department to remove garbage and plastic from the vacant land, a resident who preferred anonymity, said that it has become a habit for the BBMP to neglect this area. "There is no safety for pedestrians on this road due to burning of garbage. The BBMP authorities can depute pourakarmikas to clear garbage, shrubs, and plastic along the railway parallel road, but they take their own time to take a call on this issue," the resident said.

When informed, the BBMP Junior Health Inspector said that pourakarmikas are cleaning the vacant land along the railway parallel road regularly. "Send photos or proof for burning of garbage or plastic along the railway parallel road. Based on the photos, I will visit the spot tomorrow and take measures to remove garbage and plastic from the spot," said the junior health inspector.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Pole peril
Ulsoor

The condition of the BESCOM pole at the residential locality in Murphy Town is extremely dangerous.

Bad roads
Marthahalli

The condition of the Vaikuntam Layout Road, located behind ITPL Road, is extremely poor. We urge the relevant authorities to take immediate action.

Unhygienic street
JC Nagar

Trash has been discarded on 3rd cross, Marappa Garden, causing an unsightly and unhygienic environment.

Delayed postings for more than 20 PWD engineers

Unfilled vacancies and administrative holdups leave engineers in limbo, hindering developmental progress in municipal body

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Around 20 engineers from the Public Works Department (PWD) have been waiting for more than eight months to receive posting orders from the Urban Development Department (UDD). These engineers are supposed to be posted at the Bruhat Bengaluru Mahanagara Palike (BBMP). The unjustified delay in reposting the engineers is having a cascading effect not only on the BBMP, which is struggling to cope with vacancies for engineer posts but also on the engineers awaiting posting. Furthermore, the engineers are not being paid a salary for the waiting period.

There are vacancies for engineers in Assembly constituencies represented by MLAs belonging to opposition parties. The elected representatives have been complaining about the delay in filling up vacancies for engineer posts but to no avail.

"My assembly constituency needs four assistant executive engineers, but two posts are vacant. One engineer from the projects department is also transferred without any reason. The BBMP Commissioner has been transferring engineers without anyone complaining about them. I do not know why there is a delay in filling up vacancies for engineer posts in my constituency," said Dasarahalli MLA S Muniraju.

He said that he has also written a letter to Deputy Chief Minister DK Shivakumar but nothing has been done to fill up vacancies for engineer posts. "Transferring engineers within a few months will affect the developmental works," he said.

"The file has been pending for more than 6 months. My reposting may be delayed on the pretext of a model code of conduct till the Lok Sabha polls results are announced

— assistant executive engineer, PWD

According to reliable sources, around 20 engineers have been sitting idle for more than eight months. The sources said the engineers are religiously visiting the Under Secretary of the Urban Development Department (UDD) situated at Vikas Soudha to sign the daily attendance register.

"I was working with the BBMP on a deputation from the PWD. I was sent back to my parent department after completing two years at the BBMP. My parent department (PWD) sent me to the UDD to be reposted at the BBMP eight months ago. My routine is visiting Vikas Soudha to sign the attendance register and come home. I am finding it difficult to pay college fees for my children as I receive no salary during the waiting period for posting," said an assistant executive engineer on the condition of anonymity.

Another assistant executive engineer waiting for reposting has said that he is not able to understand the logic behind reposting while there are vacancies at the BBMP. "The file has been pending for more than six months. My reposting may be delayed on the pretext of a model code of conduct till the Lok Sabha polls results are announced," said an assistant executive engineer.

Assault on Assamese student sparks outrage against BMTC

Bengaluru Bus Travellers' Association criticises BMTC staff for alleged assault on student, calls for accountability over incident

Bengaluru Bus Travellers' Association on Monday extended support to the Assamese student allegedly assaulted by the staff of the Bengaluru Metropolitan Transport Corporation (BMTC) and criticised the checking inspector and other staff for their alleged actions.

"The student had boarded the bus along with the checking inspector of BMTC. How is it possible for him to obtain the ticket immediately after boarding? If the student had not bought the ticket, they could have collected the fine from him," Vinay Srinivas, a member of the Bus Travellers' Association, told media persons.

He said that the assault on him was condemnable. "We have been making efforts to promote travel in public transport, especially buses. The alleged assault on the student, who is from a different state and does not know the Kannada language, is not acceptable," he said.

The incident took place on March 25. The victim, Kamrul Hoque from Assam, a student of Azim Premji University in Bengaluru lodged a complaint with Bengaluru Police Commissioner B Dayanad on March 26.

Kamrul Hoque said that the BMTC staff harassed and took away Rs 450 from him.

"I was travelling from Bellandur Gate to Sarjapur Circle at 6 pm. They physically assaulted me. I am from Assam, and they took advantage of me not knowing the Kannada language," he said

Kamrul Hoque posted a video lasting 3.25 minutes, in which he is seen arguing with the checking staff and pleading with them to check the CCTV camera of the bus, which clearly shows he boarded the bus along with them. A fellow passenger is also seen supporting him.

"Little did I know that my simple journey would transform into a harrowing ordeal, leaving me feeling utterly helpless and vulnerable in the metropolitan city of Bengaluru. As they learned I am from Assam and didn't speak Kannada, the ticket checkers seemed to view me as an easy target, further emboldening their mistreatment and assault," Kamrul Hoque said.

Kamrul Hoque said that the BMTC staff harassed and took away Rs 450 from him

"After boarding the bus and settling into an empty seat, ticket checkers from the BMTC entered at the same stop from where I boarded the bus. Their arrival was abrupt, and within a matter of seconds, they demanded to see my ticket. I tried to explain that I had just boarded the bus and hadn't had the chance to purchase a ticket from the conductor yet. But my pleas fell on deaf ears," he explained.

"Instead of showing any understanding or compassion, the checkers began accusing me of evasion. Their tone quickly turned hostile. Although other passengers intervened, corroborating my account of events, their voices were ignored," he said.

"Their aggression turned physical as they grabbed me by the collar. Feeling utterly defeated and betrayed by the very authorities meant to protect citizens, I couldn't help but question the safety and inclusivity of a city like Bengaluru for outsiders like myself," he said.

Following the backlash, the BMTC has said that they will inquire, and necessary action will be taken in the incident.

—IANS

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Affiliated to CBSE Board. Affiliation no:- 831009

ಪ್ರವೇಶ ಪ್ರಕಟಣೆ 2024-25

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- ಕ್ರೀಡೆ ಮತ್ತು ಪ್ರತಿಭಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ರಾಷ್ಟ್ರ ಮಟ್ಟದವರೆಗೂ ಸಾಧನೆ ಇದೆ.
- ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ ಯಲ್ಲಿ ಹಲವಾರು ವರ್ಷ ಶೇ.100 ಫಲಿತಾಂಶ ಮತ್ತು ರಾಜ್ಯ ಶ್ರೇಣಿ ಹಾಗೂ 2ನೇ ಶ್ರೇಣಿ ಹಾಗೂ ಅತ್ಯುನ್ನತ ಶ್ರೇಣಿ.
- ತಂದೆ -ತಾಯಿ , ಗುರು-ಹಿರಿಯರ ಬಗ್ಗೆ ಗೌರವ ಭಾವನೆ ಕಲ್ಪಿಸಲಾಗುತ್ತದೆ .
- ಕಂಪ್ಯೂಟರ್, ಪ್ರಯೋಗಾಲಯ, ಗ್ರಂಥಾಲಯ, ಸ್ಮಾರ್ಟ್ ಕ್ಲಾಸ್ ಸೌಲಭ್ಯದೊಂದಿಗೆ ಶಿಕ್ಷಣ ನೀಡಲಾಗುತ್ತದೆ .
- ಶುಚಿ-ರುಚಿಯಾದ ಮನೆ ಮಾದರಿ ಊಟ, ಸುಸಜ್ಜಿತ ಶಾಲಾ ಕಟ್ಟಡ, ಆಟದ ಮೈದಾನದ ವ್ಯವಸ್ಥೆ ಇದೆ.
- ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರ ದಲ್ಲಿ ನುರಿತ ಆಡಳಿತ ಮಂಡಳಿ ಮತ್ತು ಅನುಭವಿ ಶಿಕ್ಷಕವರ್ಗದ ತ್ಯಾಗಮಯ ಸೇವೆ ಇಲ್ಲಿದೆ.

ವಿಶೇಷ ಸೂಚನೆ: ಪ್ರವೇಶ ಪರಿಕ್ಷೇಯು ವಿದ್ಯಾರ್ಥಿ ಓದಿದ ತರಗತಿಯ ಪಠ್ಯಪುಸ್ತಕಗಳ ಆಧಾರದಲ್ಲಿರುತ್ತದೆ. (K,E,H,M,Sci,SS)

ಅರ್ಜಿ ಮತ್ತು ಪ್ರಾಸ್ಪೆಕ್ಟಸ್ ಗಾಗಿ ರೂ. 300/- ನ್ನು ಈ ಕೆಳಕಂಡ ಖಾತೆಗೆ ಪಾವತಿಸಿ ಹಾಗೂ ಪಾವತಿಸಿದ ಬಗ್ಗೆ ವಿಳಾಸದೊಂದಿಗೆ ಮಾಹಿತಿ ಕಳುಹಿಸಿ.
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Shivagange: Devotion, history and scenic beauty

BM TRAVEL

File photo of the Nandi bull at the top of Shivagange mountain

Bengaluru locals who have lived there for a long time may remember that Shivagange was one of the lofty mountains that could be seen from the city. Because of its potential for tourism as well as its religious and geographical significance, Shivagange is particularly dear to Bengalureans.

First of all, it is believed to be the birthplace of the Kumudvathi River, an Arkavathi tributary, which flows from Shivagange and joins Arkavathi at Tippagondanahalli.

The Shivagange peak rises to a height of 4,559 feet above the mean sea level. Travellers often say that the mountain looks different from various corners. For instance, it is said that Shivagange looks like a crouched bull from the west, Ganesha from the north, a serpent with seven hoods from the south, and Shiva Linga from the east.

There are a number of legends related to Shivagange. One of the famous legends is that if someone takes ghee to the temple, they can get back butter! Secondly, the number of steps to the top is equal to the number of yojanas (the old time measuring of distance) in Varanasi.

Shivagange has several mythologies associated with it. A well-known myth holds that butter can be obtained by bringing ghee to a temple, and the number of steps up to the top equals the number of Varanasi yojanas (measurements for distance used in ancient times).

According to the Karnataka Gazetteer, the cave shrine of Gavi Gangadhara was expanded by a Hoysala in 1,140. The pillars in the navaranga are in Hoysala style. But there are two ganga shrines behind this temple to indicate the antiquity of the place. There is a record dated 1,134 stating that Vishnuvardhana's queen Shantala died at Shivagange. There is a huge tank near it called Kamala Teertha and Agasthya Teertha, a small tank surrounded by 108 lingas. "The steps leading to the hilltop have mantapas, and the first one has a Rayagopura built in Vijayanagara style. To the right of the main gateway of the hill is the temple of Shanteshwara, built in Hoysala style with a Deepasthamba measuring about 22 metres high, and the pillar is locally called Gantekamba (as it once had four bells attached to the four sides of the top). Since it is believed that Shantala died here around 1,134, it suggests the possibility of Shanteshwara temple being named after her. To the east is a large figure of Ganapati enclosed in a rude mantapa with a Shikara atop it, in which Ganga pillars are used," he said.

The trek to Shivagange is of moderate difficulty. During the winter season, half of the mountain is covered with mist

The trek to Shivagange is of moderate difficulty. Despite difficulty half-way through the ascent, a number of people trek the place every weekend. During the winter season, half of the mountain is covered with mist. At the summit point of Shivagange, there is a bull with a narrow passage around. However, a word of caution, as there are a number of monkeys that can terrify the tourists. There are instances where the tourists are stopped by these simians midway and the food items get taken away. So, it is advised not to carry any food items to the summit point.

How to reach Shivagange

Head to Dobbaspet on the Bengaluru-Tumakuru highway. From there, take a left turn, which leads to the peak. It is a decent road to Shivagange, and one needs to park the vehicle at the foothills and start trekking. There are a number of hotels around the place for a delicious breakfast or lunch. It is suggested to start trekking early in the morning and return by afternoon. The approximate distance is 52 km from Bengaluru.

IN BRIEF

Namma Yaatri & ARDU join hands again

Namma Yatri has now restored its severed ties with the Auto Rickshaw Drivers Union (ARDU) by bringing them on board as community enablers, which points to an expected shift in the working of the application.

ARDU in December 2023 had opened up on the differences with Namma Yatri, the aggregator application which had garnered a positive response due to its no commission policy, after it claimed to be union-agnostic in a statement on December 12. "Namma Yatri is currently purely corporate-led and we, as the co-ideators, disappointingly have no specific role in its ongoing and future management," said ARDU's general secretary D Rudramurthy in a statement.

Stressing that the app must acknowledge the role of the auto drivers community as well as the customers and volunteers, ARDU in a statement said, "We trust and hope Namma Yatri will be operated with fair, open, meaningful and authentic consultation with the inception stakeholders. We articulated the union-agnostic approach, using it as cover deny us a role and voice in the operations of the app is morally flawed."

The union also noted that its association with Namma Yatri started in 2022, right from its ideation, pilot phase testing, launching and building vital early momentum through driver onboarding and customer acquisition. "With literally zero market spend, more than 20,000 drivers and 1,50,000 customers downloaded the app within three months of its launch due to the selfless community support."

Differences between the two arose when ARDU wanted to launch a flat Rs 40 fare for a 2-km distance between metro stations and residences or offices, a request that the app rejected. Namma Yatri is now hoping to have a people driven approach towards drivers all over welfare. — BMB

Primary source of water goes down the drain

Sewage ingresses into 380 recharge wells

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

Sewage ingress into the stormwater drains near the Rainbow Drive (RBD) layout is leading to contamination of the 380 recharge wells inside. The drain was constructed around the RBD layout by Bruhat Bengaluru Mahanagara Palike (BBMP) owing to flooding in the layout.

The presence of 380 recharge wells inside the layout has been a reliable method to recharge groundwater levels. But with sewage-mixed water entering the layout through the stormwater drain, the groundwater is getting contaminated, causing concern.

File photo of flooding in Rainbow Drive layout in 2022

Residents say that, despite multiple requests, there haven't been any efforts from Palike officials.

"The rainwater drain is bringing sewage mixed with water and contaminating our groundwater. We have 380 recharge wells, and some are already contaminated. These recharge wells are our primary source of water. We also have four to five borewells, and two borewells are properly yielding. Roughly in 2022, we were asked to open our compound wall to allow stagnating water to enter the layout. Ideally, the water is supposed to go Sowl Kere," said Celine, secretary of the Rainbow Drive Layout Association.

Residents alleged that villages around the area do not have a proper drainage system and are allowing drainage water into the drain. They further alleged that filthy, stinking water stagnates near the layout, leading to the breeding of mosquitoes.

"The layout is being flooded with murky water through the drains throughout the day and night. The drains are carrying sewage-mixed water and are contaminating the recharge wells. The RCC drains were built by BBMP, and they stop right outside the compound wall." said KP Singh, a resident.

Furthermore, the residents allege that despite multiple requests, there hasn't been any response. "We have gone to all the authorities, the BBMP, and the panchayat, but there is no reply," said Celine.

"We have 380 recharge wells, and some are already contaminated. These recharge wells are our primary source of water

–Celine, secretary of Rainbow Drive Layout Association

Owing to the floods in 2022, BBMP had planned a parallel drain to the stormwater drain, but it was halted due to a court order. The Rainbow Drive Plot Owners Association also built a compound wall in November 2022 on the drain to prevent flooding inside the layout.

Is this code of over-the-top conduct?

BBMP workers tape up lotus carved on house compound wall; owner had it etched in his mother's memory 10 years ago

The lotus etched on marble at a house in Rajajinagar was taped off recently

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

If the overenthusiasm of Bruhat Bengaluru Mahanagara Palike (BBMP) employees assigned for Lok Sabha election duty is anything to go by, it seems that no one has the right or luxury to have a name board with lotus symbol till the elections are over.

The proactive approach or ignorance of the BBMP employees on election duty has shocked a house owner of Rajajinagar 3rd Block. The staff on election duty had blocked a lotus carved on a marble stone with a cello tape stating that it violates the code of conduct.

According to S Raghunath, the owner of the house, a few officials on election duty took the photo of the lotus carved on the marble stone on Sunday morning. "Later, one of the employees on election duty came here and blocked the lotus carved on the marble stone with a tape. The marble stone with the lotus carving was fixed on the compound wall 10 years ago when we renovated our house," said Raghunath.

He said that it was the first time in 10 years that election staff blocked the lotus. "The staff on election duty did not bother to inform me before taping it up. Their attitude has disturbed me. The lotus on the marble was fixed on the wall in memory of my mother whose name is Kamala. I do not know how it violates the code of conduct or affects the Lok Sabha election," he said.

> **The staff did not bother to inform me before taping it up, which is disturbing. The lotus was fixed in memory of my mother whose name is Kamala**
>
> –S Raghunath, house-owner

He said that he approached the Assistant Revenue Officer (ARO) on election duty and explained to him about the mistake. "The ARO asked me to send old photos of the compound wall for verification. I sent photographs that were taken during the renovation of the building. I expect him to make the right decision by ordering removal of the cello tape," he said.

BJP spokesperson Prakash S described it as a senseless act. "If this logic is justified, everyone's hand must be covered," said Prakash Shesharaghavachar.

Meanwhile, the ARO has said that he came to know about blocking a lotus carved on a marble stone on Monday. "I am looking into the matter. I have to verify the photographs sent by the house owner," said the ARO.

PICS: KAUSHIK JN

All in support

Supporters and top Congress leaders including deputy CM gather to show support for Sowyma Reddy who filed her nomination from Bengaluru South Constituency on Monday

'Maharaja' does not own house, car, land

The scion of the erstwhile Mysuru royal family and BJP candidate from Mysore-Kodagu Lok Sabha constituency Yaduveer Krishnadatta Chamaraja Wadiyar does not own a house, land or even a vehicle, according to his election affidavit.

Wadiyar filed his affidavit declaring his assets and liabilities while submitting his nomination papers on Monday.

According to the nomination papers, he has total assets of about Rs five crore. His wife Trishika Kumari Wadiyar and a dependent person own assets worth Rs 1.04 crore and Rs 3.64 crore respectively.

Wadiyar owns gold and silver jewels worth Rs 3.39 crore while his wife possesses precious metals worth Rs 1.02 crore. The 32-year-old successor of the erstwhile Mysuru royal family will be in a direct fight with Congress candidate M Lakshmana, who is a Congress spokesperson in Karnataka. **PTI**

Remarks on Shah: CM stands by son

Chief Minister Siddaramaiah on Monday defended the remarks against the Union Home Minister Amit Shah by his son Yathindra Siddaramaiah.

"The statement of Yathindra was not issued with an intent to insult Home Minister Amit Shah. BJP leaders do not know about etiquettes and my son does not need to learn from them. Yathindra made the statement based on the report by the Central Bureau of Investigation (CBI). Is the report submitted by the CBI correct or incorrect?" The Chief Minister asked.

Karnataka Leader of the Opposition R Ashoka reacting to comments against the Home Minister Amit Shah, had said that Yathindra would go to jail soon for his comments. Ashoka had said that the BJP would file a complaint with the Election Commission over the statement by Yathindra. "Yathindra had made the objectionable statement thinking that he is the son of the Chief Minister," he said. **–IANS**

'10-20 days of heatwaves expected during April-June'

Most parts of the country are likely to witness above normal maximum temperatures during April to June, with 10-20 days of heat waves expected in different parts, India Meteorological Department said on Monday.

The Director General of Meteorology at IMD, Mrutyunjay Mohapatra, said at a press briefing that normal rainfall is also expected during the month of April across the country.

He was addressing a briefing on the seasonal outlook for the hot weather season of April to June.

"Above normal maximum temperatures are likely over most parts of country, especially with high probability over central India and western peninsular India," Mohapatra said.

Mohapatra informed that normal to below normal maximum temperatures are likely over some parts of the western Himalayan region, north-east states and north Odisha to experience normal to below normal maximum temperatures.

On heatwave conditions, Mohapatra said: "Above normal heatwave days are likely over most parts in the plains of Country. 10 to 20 days of heat wave expected in different parts against normal of 4 to 8 days."

The most prone areas to an increased heatwave are Gujarat, Madhya Pradesh, Maharashtra, and North Karnataka followed by Rajashtan MP and north Chattishfardh Oddisha Andra Pradesh,

A potter fits a water tap to a clay pot as summer begins, in Nagpur on Monday

The maximum temperature during February and March was normal to below normal.

Notably, heatwave is a period where local excess heat accumulates over a sequence of unusually hot days and nights. As per IMD, a heat wave is considered if the maximum temperature of a station reaches at least 40 degrees Celsius or more for Plains and at least 30 degrees Celsius or more for Hilly regions

During the briefing, Union Minister for Earth Sciences, Kiren Rijiju asserted that it is a time to be alert and prepared.

"Our prepartuion has increased manifold in the last few years. It is a time to prepare and be alert. There are projections for extreme heatwaves during the next 3 months," he said.

The IMD DG Mohapatra said that rainfall over the country during the month of April is most likely to be normal (88-112 per cent of LPA).

It is important to note that the Long period average (LPA) rainfall over the country during the month of April from 1971 to 2020 is about 39.2 mm.

"Normal to above-normal rainfall likely over most parts of the northwest, and some parts of central and north peninsular India. Below normal rainfall is likely over east and west coast, parts from east and northeast India south peninsular India," he said. **ANI**

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CHANGE OF NAME

I, Kaushik S/O Ravikumar Ramamurthy , R/O # 358, 2nd cross channakeshavanagar Hosa Road Electronic City Bengaluru 560100 aged 12 years changed my name from Kaushik to Kaushik R

I, Sheela Nischal w/o Nischal Dev B R R/o DS Max Signature apts #331 3rd Flr Devinagara Main LKR Nagar B'luru-560094 have changed my name to Sheela Halappa for all purposes

I, Asif Khan residing at No.1727, 9th Cross Modi Road Left Side, Devarajeevanahalli, Bangalore-560045 have changed my name to Mohammed Asif vide affidavit dated 19.2.2024 sworn before Notary Chandrashekar. M Bangalore

I, Aftab Basha residing at No 27 geddahalli Vinayaka nagar Dr Shivarama Karanth nagar Blore - 560077 have changed my name to S K Aftab Basha vide affidavit dated 29.3.2024 sworn before Notary Leela Bangalore

I Nihal Suri Narayan Doddamane S/O, Doddamane Suri Chenraj R/o No 299, 5th Main, Behind Wipro Park, 1st Block Koramangala Bengaluru - 560034 have changed my name to Nihal Suri Narayan.

I, Chamann, S/O Ravikumar Ramamurthy , R/O # 358, 2nd cross channakeshavanagar Hosa Road Electronic City Bengaluru 560100 aged 15 years changed my name from Chamann to Chamann R

I Raghunadha Sastry Pullapanthula S/O, Satyanarayana R/o Sree Brindavanam, Beside Vijaya Ganapathi Devasthana, Opposite Ars Pu College, Police Station Road, Hariharapura, Chikkamagaluru - 577120 have changed my name to Raghunadha Sastry.

I, Shyam Ramakrishnan residing at No 16, 1st Cross Near Kullappa Circle Rayappa Road Kammanahalli Bangalore St.Thomas Town Bengaluru-560084 have changed my name to Shyam R Pillai vide affidavit dated 29.3.2024 sworn before Notary Leela Bangalore

I, SADIQ PASHA S/o Syed Ghouse R/at No. 45 1st Cross, 1st Main Road, Padarayanapura, Bengaluru-560026 have changed my name to SYED SADIQ vide affidavit dated: 26/3/2024 Before Notary Deepa. M Bangalore.

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tender & notices

PUBLIC NOTICE

PUBLIC NOTICE

The general public are hereby informed that, Mr. K. Baburaja and Mrs. B. Ranjani intends to purchase the immovable property more fully described in the schedule hereunder from its present owner Mr. Gopi. R, Aged about 50 years, Son of A. Ramaswamy, Residing at No. 23, Vijaya Lakshmi Layout, Kalkere, Horamavu post, Bangalore - 560043. Any persons, financial institutions having any sort of claim/rights/interest/charge on the below said property or any objections for the said sale of the property may file their objections in writing along with supporting documents, addressed to the undersigned within 07 days from the date of publication of this notice, failing to which, it shall be construed that there are no claims of any sort over the below said property and we shall proceed with the proposed transaction. Any claims thereafter shall not be entertained.

SCHEDULE PROPERTY

All that piece and parcel of the property bearing Site No. 6/2, Formed out of Site No. 6, Khatha No. 57/4/6, BBMP Khatha Sl No. 1050, Property No. 57/4, Situated at HORAMAVU AGARA VILLAGE, K.R. Puram Hobli, Bangalore East Taluk, Bangalore, Now comes under the jurisdiction of Bruhat Bangalore Mahanagara Palike, Bangalore, Measuring East to West 38 feet and North to South 20 feet in all measuring 760 Square Feet and bounded thereon:

East by : Site No 5,
West by : 20 Feet Road
North by : Site No. 6/1,
South by : Site No. 6/3.

Consisting of 18 squares of House in Ground, First and Second Floor (Triplex House) RCC roofed house, granite and vetrified flooring with all amenities.

Mr. K. Baburaja and Mrs. B. Ranjani
Phone No: 9590296565,
Email: saibalajijd23@gmail.com
No.37, Anjanadri Prime Layout, Chellikere, Bangalore - 560043.

Step to reduce construction-related air pollution

CONTINUED FROM PAGE 1

road paving, metro and bridge construction, and demolitions due to unavailability of data. More widespread and real-time pollution monitoring will enable the implementation of rapid controls to curb this pollution. Of course, one concern is that cheaper sensors are often not sensitive to construction particles, which could lead to the sensors underestimating CRAP, thus defeating the purpose of such monitoring efforts. So, the sensing system to be deployed must be carefully chosen," said Dr R Subramanian, sector head of air quality at CSTEP.

Delhi's warning system is designed to send SMS-based alerts to the construction sites, if PM10 levels rise 20% beyond permissible limits (100µg/m3). If four alerts get generated in a week, the system will enter the second stage, whereby an SMS will be sent to the builder to take immediate corrective action. Four alerts in 30 days at the second stage will trigger the third stage and the builder will receive an official warning. Lack of an action taken report within three days post the warning will initiate the fourth stage leading to physical inspection by the authorities concerned.

According to professor Gufran Beig, chair at the National Institute of Advanced Studies (NIAS), such a system is more apt for a city like Bengaluru, which has many pollution hotspots with no air quality monitoring systems in place.

"Our recent drone-based study on pollution hotspots showed that Bengaluru's hotspots, including C&D sites, have exponentially high emissions. However, the city is situated at a higher altitude creating faster surface winds that disperse pollutants. By the time a monitoring station measures the air quality index, pollutants have dispersed completely, leading to moderate to good AQI. However, those living in these hotspots are subjected to very high levels of pollutants. This is like a silent alarm. A warning system on the lines of Delhi's recently proposed system will help bring down emissions at these hotspots," said professor Beig.

What is biodegradable plastic?

CONTINUED FROM PAGE 1

products such as bin liners that claim to be biodegradable and compostable, which are often seen as an eco-friendly alternative to plastic.

Waste management experts said that while the move is welcome, stringent laws are needed for implementation.

"For the implementation, we need stringent laws and the number of labs needed for the tests are few in the state. We need laws that ban companies that are found with even one sample that contain plastic. Strict monitoring, testing and stringent laws would be vital for the weeding out of products wrongly claiming to be biodegradable.

But, while other crucial alternatives to plastic have failed to meet the needs, we need to look at banning luxury plastic usage altogether. Authorities must look at banning plastic used in luxury products and services," said waste management expert Ram Prasad.

If the testing of biodegradable plastic had commenced prior to the registration of a laboratory, and the report is in conformity with IS 17899 T:2022, the Central Pollution Control Board can ask the applicant for re-testing and permit the production or usage of such biodegradable plastic, till the period the test report is received from duly recognised laboratory subject to furnishing of bank guarantee equal to the amount of environment compensation leviable. If the sample does not meet the standards, the bank guarantee will be forfeited.

Additionally, BIS shall specify a separate colour or marking for plastic packaging and commodities made from compostable plastics or biodegradable plastic. Each of such products shall display the percentage of recycled plastic within.

Manufacturers of biodegradable plastic and commodities will be required to fulfil 30% of extended producer responsibility as per the new amendment for the year 2024-2025.

They would also be required to recycle plastic waste and send it for end of life disposal by June 30 of next financial year. They are to seek permission from CPCB before marketing or selling.

HEALTH TIP: Practising mindfulness techniques like deep breathing or meditation can help you stay calm in the chaos

Salty foods are making people sick – in part by poisoning their microbiomes

BangaloreMirror | 9
Tuesday, April 2, 2024
mybangaloremirror@timesgroup.com
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NEURODIVERGENT IN A NEUROTYPICAL WORLD

On World Autism Awareness Day, experts bust myths, encourage society to explore potential of those with ASD

April 2 marks World Autism Awareness Day. Like every year, this year too, many families previously unaware of its existence will perceive this day differently, as someone they know has been diagnosed with Autism spectrum disorder (ASD). They too will join a community that has walked this journey for a while now; some longer than others.

The popular myth is that autistic individuals, unlike their peers, are all about – them not being social, having a tendency to flap their hands and having poor eye contact. However, autism frequently gets missed; as most characteristic traits of the individual, do not present themselves in stereotypical ways. Many individuals also learn to (or are taught to) mask their challenges to suit neurotypical ways of socialisation, thus missing a diagnosis in their early years. Although the term ASD is believed to be a disorder (as the term suggests), one should keep in mind that due to its diverse traits, one cannot determine how exactly the individual would progress. It would not be wrong to say that autism is an 'invisible disability'.

The diagnostic process consists of detailed observations and in-depth interviews with families by a team of professionals. A diagnosis in early years offers families an explanation of speech delays or regressions in milestones, challenges in attaining developmentally appropriate skills and understanding deviancies in behaviours. The diagnosis could also lead to seeking guidance from professionals to build on strengths while working around their deficits.

Diligent recording of various developmental milestones since birth can help in receiving an early diagnosis but more importantly, help the professionals tailor an individualised early intervention programme.

The diagnostic procedures involve using standardised test materials, detailed observations, and interviews (usually with parents/caregivers/ teachers) and describing the level at which the child performs on these test materials. A word of caution there; the process leading to a diagnosis is, as stated before, based on standardised tools/ tests. Hence, the tests would eventually throw up a set of disabilities/ deficiencies in the child. As anxious parents who are trying to seek an answer to what is wrong with my child must understand that the tests in no way can bring out the abilities of the neurodivergent as they are not designed for identifying/ quantifying abilities. Consequently, deficiencies (often referred to as "challenges" by parents/ professionals) get focussed upon in the intervention programs while the abilities (let us call them "strengths") get overlooked and at most times ignored!

Y, the mother of X who is on the spectrum, describes him as friendly. He talks about his day to his grandparents on a call every night. However, he faces basic challenges in many Activities of Daily Living (ADLs) such as spitting, independently taking a bath, tying his shoelaces, etc. R on the other hand, the parent of S, describes S as being autistic, having social anxiety, apraxia (a condition affecting the ability to execute speech) and is non-speaking but is independent in most of the other activities. One can look at deficits and focus on approaches that 'fill the gap'. However, shifting the focus to honing the strengths scaffolds inherent potentials that open a new world for them. For example, we have a bunch of non-speaking autistic individuals who are authoring books using technology which is not limited by the considerable challenges that they face in adapting to mainstream societal rules. With such diversity in the features presented, one is inclined to ask, how important is getting a diagnosis that is merely a qualitative and quantitative judgement of the deficits or impairments?

A diagnosis is merely the starting point for receiving interventions. Interventions designed by professionals help families find ways of connecting and interacting with the individual on the spectrum. Sometimes, diagnosis becomes mandatory in cases like getting school admissions or certification for travel. For many adults on the spectrum who have their diagnosis at a later stage, a diagnosis is often a cathartic process. They finally understand the root cause of their challenges in the social world, and their daily struggles in battling their deviancies.

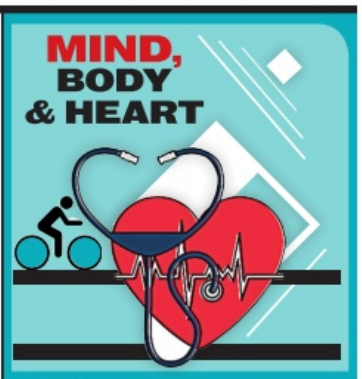
Ideally, instead of a criterion-based assessment, profiling the areas of strength and the unique ways that the individual processes and perceives their surroundings could be of more practical use. Such profiling can also give practical direction to explore ways to find suitable accommodations in the environment or adapt the day-to-day activity to suit their needs at schools or the workplace.

Irrespective of wanting a diagnosis, what is more important is that families should look beyond the diagnostic label and find ways to understand and accept neurodivergence and provide unconditional support to the individual. This is easier said than done! Therefore, we urge families to educate themselves about the specific issues related to their children. They could also be part of like-minded parental groups while they also avail of various professional intervention services. ASD is a dynamic condition wherein the need for support changes as the individual grows. Families should learn to adapt to the changing needs of the individual by finding potential solutions that are customised to changing needs.

The recent trend of labelling individuals as neurodivergent in a neurotypical world is a starting point to accept that everyone is unique regardless of the degree and kind of autism.

Autism is not a season that comes every April. Instead, let this April be a reason for us to accept neurodivergence, and provide ample scope to explore their potential.

(by Dr Preeja Balan, Suja Pisharody & TP Gopan; Dr Balan is an expert in the assessment and intervention of early childhood communication impairments including autism spectrum disorders; Gopan & Pisharody are parents to a fun-loving, musically inclined teenager who is also autistic.)



All you need to know about...

BP & stroke risk

Diabetes link
Diabetes patients with high blood pressure may be at risk of developing a stroke, finds a study by Chinese researchers.
The study published in the journal Diabetes & Metabolic Syndrome: Clinical Research & Reviews, showed that systolic blood pressure – the top number that measures the pressure in arteries when the heart beats -- was associated with stroke risk in patients with Type 2 diabetes mellitus.

Systolic BP
"Cumulative systolic blood pressure independently predicts stroke in individuals with type 2 diabetes mellitus and provides an incremental predictive value for stroke compared with baseline BP assessments," said the team from the Second Xiangya Hospital.

The study
For the study, the team included 8,282 participants. In the 6.36 years of follow-up, 324 (3.91 per cent) and 305 (3.68 per cent) patients had any and nonfatal stroke events, respectively.
The results showed that cumulative systolic blood pressure and pulse pressure independently predicted a high risk of stroke.

Risk factors
"A strong dose-response relationship between cumulative BP and stroke was identified, and conventional risk factors combined with cumulative SBP improved prediction efficiency," the team said.

Health challenges
Diabetes' association with increased risk of stroke is well known. Studies have shown that diabetics have a two-to four-fold increased risk of ischemic stroke compared to those without the blood sugar condition. On the other hand, high blood pressure, a common among diabetics, "represents the most commonly diagnosed modifiable risk factor for stroke," the study showed.

—IANS

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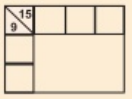
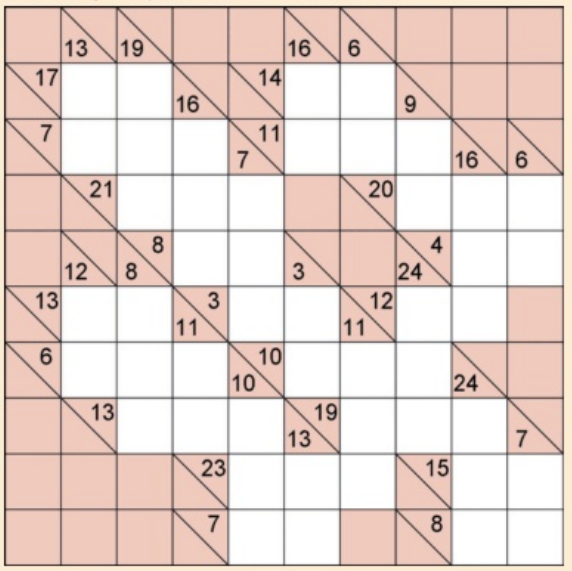
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

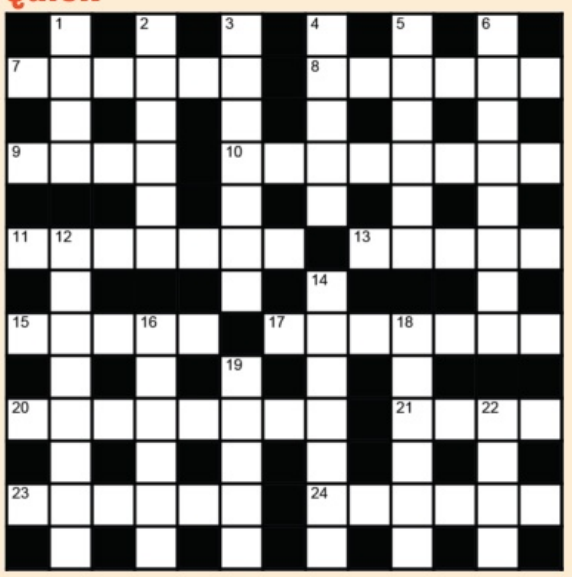


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Legally they are not yet mature (6)
8 Elementary particle (6)
9 The second Greek letter (4)
10 Refrain from interfering with (3,5)
11 ___ Building: Skyscraper on M G Road (7)
13 Distance downwards (5)
15 A sort of cat (5)
17 Country, once Basutoland (7)
20 __ __ for : supports or sides with (6,2)
21 Force unit (4)
23 Third place medal (6)
24 Protozoans (6)

DOWN

1 Annoy or irk (4)
2 Once and __ __ : in a final manner, especially after some hesitation or uncertainty? (3,3)
3 Set apart (7)
4 Tiffs (5)
5 Buffon for one, De Gea for another (6)
6 First rate, colloquially speaking? (3-5)
12 Turncoats (8)
14 Persists or continues with (5,2)
16 Tropical fruit (6)
18 ____ favourite: most likely to win? (4,2)
19 Deathly pale (5)
22 Lumps or protuberances (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS C

LBXBH YHJKY ILMYFRLW YFIY EIL YFRLD PGH RYKBUP RP MGJ EIL'Y KBB CFBHB RY DB-BOK RYK THIRL.

Linemaro

You spend so much time in my mind, I should charge you rent

Mindchow

Procrastination is the art of keeping up with yesterday

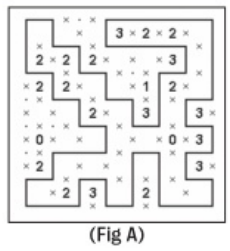
Joke of the day

I'm okay now, but when my hair first started to turn grey I thought I'd dye

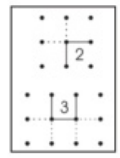
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

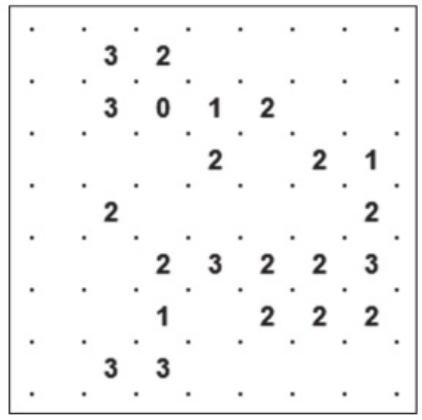


(Fig B) Not Allowed

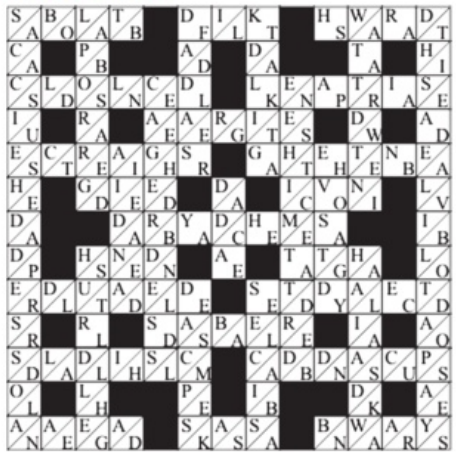
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



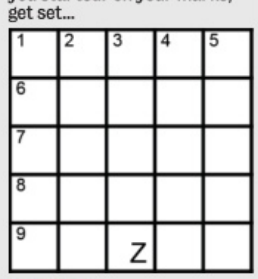
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Chat P; 6 A Argo; 7 Aw pap; 8 Ma Zea; 9 D zeal

DOWN

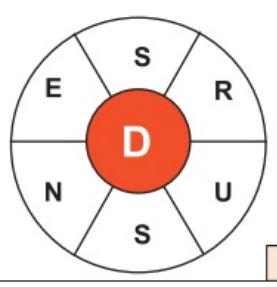
1 Appal; 2 Am Aga; 3 Zap to; 4 Z acre; 5 Had we

Mensapuzzle

What two numbers should replace the question marks?

1, 2, 0, 3, ?, 4, ?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

	8			4			1	
3		9				4		6
			7		9			
	9	5	2	1	8	7	4	
	4	3	6	9	5	2	8	
			9		3			
4		1				8		2
	6			2			7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 14
4 6 7 9

Medium = 19
3 7 7 9

Hard = 45
5 5 9 5

Hocusfocus

Find at least six differences in details between panels.

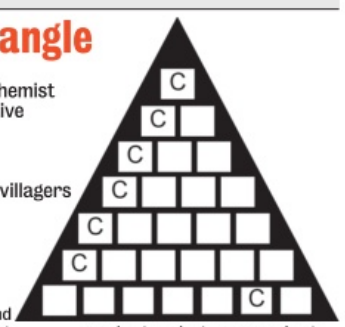
Differences: 1. Arm is raised. 2. Leg is moved. 3. Cap is different. 4. Snow on branch is missing. 5. Window is different. 6. Laces are missing from skate.

Riddler

What is so incredible about the sentence below? A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed, houghed, and hiccoughed.

Alpha triangle

1 Vitamin type
2 Copper for the chemist
3 Director's directive
4 Rudely abrupt
5 Hard covering
6 Limelike
7 Unsophisticated villagers



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

Bizarrotrip

Diamond Lil

THIS REALLY IS ONE OF THE SADDEST DAYS OF MY LIFE
THEY TOOK THE McRIB OFF THE MENU AGAIN
NOW, ABOUT OL' WHAT'S-HIS-FACE HERE...
THANK YOU, LIL
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www.creators.com

Hart of the city

Crankshaft

Mutts

MILLIE! THE CAT IS STARING AT ME AGAIN! HE WON'T BUDGE!
I BELIEVE CATS CAN LOOK RIGHT INTO ONE'S SOUL!
OOF.
THERE WAS SHOME FOOD IN HIS MUSTACHE.
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your subordinate staff may be cooperative, which may help you complete postponed projects. You are likely to join some social event, which may boost your network and help you in your work or social life. You may plan to go on an outing with friends and some disputes may be settled now. Students are advised to avoid being careless.

Taurus Apr 21 – May 20
Today, your communication skills may help you on a professional front. You are likely to be more polite with everyone around you, which may help you speed up your projects. Lovebirds may be likely to exchange their views with each other, which may lay the foundation of their relationship.

Gemini May 21 – Jun 21
Today, you are blessed by the moon. A new partnership may give you benefits. Your energy level may be high. Your hard work and enthusiasm may pay off in terms of financial gains. Self-respect may protect you from the negative people around you.

Cancer Jun 22 – July 23
Today, you may feel dull and unhappy. You are advised to avoid harsh conversations with friends and family members. You may not receive proper reciprocation for your hard work. You need to follow your intuition and are advised to be patient while making some important decisions.

Leo Jul 24 – Aug 23
Today, new sources of income are likely to be opened. Your past investments may give you good profits, which will boost your bank balance. You may be likely to connect with a social organisation, which will increase your network. Singles may find a soul mate in terms of marriage.

Virgo Aug 24 – Sep 23
Today, blessings from elders may make you confident. You may follow your intuition before taking any initiatives that may help you at work, which can help you gain more in terms of finance. You may likely visit a religious place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Libra Sep 24 – Oct 22
Today, you may expect some instant gains in your business, which may boost your confidence level as well as your bank balance. You are advised to avoid stress in domestic life. There would be some momentum on the business and work fronts. Your prestige may be increased. You may also plan for an overseas trip.

Scorpio Oct 23 – Nov 22
Today, things would not be favourable. You may feel dull and unhappy. Some mysterious fears may make you upset. You are likely to be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is best to avoid rushed driving and risky adventure tours.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of your professional life, and your friends and subordinate staff may be more likely to support you.

Capricorn Dec 23 – Jan 20
Today, you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You may likely perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money, which was stuck previously. You may be able to control your opponents and hidden enemies.

Aquarius Jan 21 – Feb 19
Today, you may feel dull due to sleeplessness. You may be scattered towards your goals, which may affect your working efficiency. But in the late evening, you may be blessed by your elders, find out your mistakes, and make a good plan for the coming day. You are advised to take care of your parent's health. You may plan to visit a religious place.

Pisces Feb 20 – Mar 20
Today, you may be in a hurry, so you are advised to drive safely. With the blessing of the elders, you may come out of the messy situation. You are likely to be more romantic in your love life. There may be harmony in your domestic life. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

KIDZONE

Harsha DA, 14 years, MEG High School

Varun Bharadwaj, 10 years, New Horizon Gurukul

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=2·3·4-6·3+(7)-16÷4
=2·3·4-6·3+7-16÷4
=8·4-6·3+7-16÷4
=32-18+7-4
=14+7-4
=21-4
=17

QUOTE UNCODE
Never trust anything that can think for itself if you can't see where it keeps its brain.

FAST FIVE

A	G	O	R	A
P	A	P	A	W
A	M	A	Z	E
L	A	Z	E	D

RIDDLER
There are 10 occurrences of the letters 'ough' all with a different pronunciation.

STRIKE OUT

N	E	E	D	S	A	S	N	A	R	Y				
O	L		E	B		K								
S	A	D	I	S	M	A	D	D	S	U	P			
R	R	S	A	B	L	E	A	S	O					
E	L	U	D	E	D	S	T	Y	L	E	T			
P	H	E	N	E	A	G	A	A	L					
E	D	I	E	A	I	O	N	V						
S	C	R	A	G	S	A	T	H	E	N	E			
C	L	O	N	E	D	L	E	A	R	I	E			
C	B	A	A	F	I	I	T	S	W	A	T			

QUICK

MENSA PUZZLE
–1 and –2: the sequence progresses +1, –2, +3, –4, +5, –6.

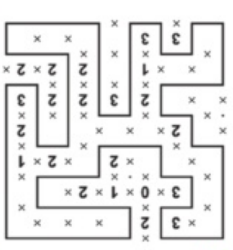
BULL'S EYE
dress, dune, duress, nude, nursed, rend, rude, send, sued, sunder, under, UNDRESS, used

SUDOKU

5	8	6	3	4	2	9	1	7
3	7	9	8	5	1	4	2	6
1	2	4	7	6	9	5	3	8
6	9	5	2	1	8	7	4	3
8	1	2	4	3	7	6	5	9
7	4	3	6	9	5	2	8	1
2	5	7	9	8	3	1	6	4
4	3	1	5	7	6	8	9	2
9	6	8	1	2	4	3	7	5

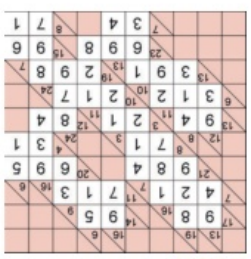
ALPHA TRIANGLE
G, Gu, Gut, Gurt, Grust, Gutrus, Rustics.

LOOP



GO FIGURE
Easy
7 + 9 – 6 + 4 = 14
Medium
7 x 3 + 7 – 9 = 19
Hard
5 + 9 – 5 x 5 = 45

KAKURO



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Rebel Wilson used weight loss drugs—
Actress Rebel Wilson shared that she briefly used Ozempic to help with her weight loss but added that she no longer uses the drug

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Entertainment Industry Promotion

ON THEIR OWN PATH

Janhvi discussed acting plans with Sridevi, while Khushi told Rekha, says Boney Kapoor

Boney Kapoor, father of Janhvi and Khushi Kapoor, disclosed in an interview with News18 Showsha that his daughters Janhvi and Khushi decided to pursue acting, following in the footsteps of their late mother, the renowned actress Sridevi.

Contrary to popular belief, Boney stated that he had no intentions of launching his daughters into the film industry; rather, they independently chose the path themselves.

He further revealed that while Janhvi had discussed her career aspirations with Sridevi, he learned about Khushi's plans through actress Rekha. Janhvi made her debut in 2018 with the film "Dhadak," while Khushi marked her entry into acting in December 2023 with the movie "The Archies."

He informed us that Khushi had forwarded her audition for college admission to Rekha instead of him. It was Rekha who informed him about Khushi's desire to pursue acting.

Consequently, he arranged for Khushi to attend the New York Film Academy. Khushi spent several years studying acting in the American institution before returning to India. Notably, Rekha had a close relationship with Sridevi and had previously suggested Sridevi's name for various film projects, including "Himmatwala" and "Chandni."

Boney mentioned that both he and Sridevi had envisioned Janhvi pursuing a career as a doctor, rather than becoming an actress. They never entertained the idea of their daughters entering the film industry, instead imagining Janhvi and Khushi eventually marrying. Their observations at weddings would often lead them to contemplate their daughters' future marriages. Sridevi particularly wished for Janhvi to find a suitable partner.

Acting wasn't a career path they had anticipated for their daughters. Boney recounted a moment when Janhvi surprised Sridevi by expressing her desire to pursue acting. —ETimes

Now, that's a fitting reply

Actress Parineeti Chopra on Monday has debunked rumours of her pregnancy by sharing a video of herself wearing 'fitted clothes'.

Recently, during the trailer launch of her upcoming streaming movie 'Amar Singh Chamkila', Parineeti wore a loose black coloured kaftan dress. Rumour mills were abuzz with the speculation around the actress' pregnancy, after her recent wedding with AAP Rajya Sabha MP Raghav Chadha.

However, the actress had earlier put all rumours to rest, as she took to Instagram stories and wrote a note: "Kaftan dress = pregnancy, Oversized shirt = pregnancy, Comfy Indian kurta = pregnancy." On Monday, Parineeti took to Instagram and shared a Reel, wherein she can be seen wearing a white top, matching pants and blazer. he video includes a caption that reads: "POV - wearing well fitted clothes today, because when I tried a kaftan dress..."

The video is captioned as: "Entering my fitted clothes era"—IANS

Not so easy

Actress and fitness enthusiast Shilpa Shetty has shared a sneak-peek into her "fab core" workout but also gave a disclaimer that it is not for beginners. Shilpa took to X (formerly called Twitter) and shared a video of herself working out with her gym buddy.

In the video, the two are seen balancing each other. The actress captioned the clip: "First day of the week and Monday of April. Add to that the feeling of successfully attempting this workout on the first try. It isn't as easy as it seems, but it's a fab core workout The person at the top should perform a pike, while the person at the bottom performs a weighted sit-up keeping a strong tight form (If you aren't synchronised, it can lead to a fall)" P.S.: This workout needs a strong core. So, it should not be attempted by beginners."

On the work front, Shilpa will next be seen in the Kannada action film 'KD - The Devil', an action film directed by Prem. —IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Thriller time

Director SGR, who handled the megaphone for Samarth and Thaaja, is pleased with the successful soundtrack launch of his third movie Simha Guhe. Anirudh Jatkar was the chief guest at the event.

Ravi Shirur and Niviska Patil are the lead pair in Simha Guhe while AC Mahender is the cinematographer and Sateesh Aryan has scored music. "Simhaguhe is a suspenseful thriller. It is the name of a house in Jagarahalli, where most of the story plays out. The protagonist is a hard-core fan of Sahasa Simha Vishnuvardhan. The shooting of the movie was held at Hassan, Sakleshpur, Moodigere and surrounding areas. We are planning it to release either in May or in the first week of July," said director SGR. Shirur said he has bankrolled the movie too. "I play the role of a driver of a water tanker in a village. A murder takes place in the village, and it affects his life," said Shirur.

All about customs

Director Prasiddh is gearing up to release his second Kannada movie Bharjari Gandu on April 5. Prasiddh, a software engineer, debuted as a director in Sandalwood with Ratnamanjari in 2019.

Kiran Raj and Yasha Shivakumar are the lead pair in this movie. "The movie has all the elements to entertain the audiences. It revolves around a young man who visits a village near Chamarajanagar and what he does in that village. I wanted to convey a message to society on our age-old customs and traditions in rural areas. It highlights the importance of punctuality," said Prasiddh.

He said the post-production work of another movie Sher is in progress. "Kiran plays the lead in Sher that is expected to be released at theatres shortly," the director said.

Recently, one of the songs of Bharjari Gandu – Hoyyo Hoyyo Maleraya – was released. Playback singer Raghu Dixit has sung this song while Gummineni Vijay scored its music. It is said hero Kiran Raj offered prayers at Sri Chamarajeshwara Temple during the shooting of a song for the movie seeking a bountiful rainfall across the state which is reeling under drought.